



Dursley
more than a
Running Club



Riverbank Rollick- Lucky for Some A* for Team Amigoni



Sunday the 13th saw 43 (at least) DRC athletes on the line, amazingly only one person entered as DADAC, but given it is our 50th anniversary this year we'll let them off! The runners set off from the race HQ at around 10.30 for the 11am start. A rather late start in some runners minds! The 0.6 miles to the start acquainted the athletes with the strong south westerley wind, but also indicated ground conditions were going to be good.

DRC had a small posse of runners almost on the start line, the tactic being used to avoid delay at the early stiles and kissing gates. The race started on time and the down side for the front runners was being dragged along by the speedsters faster than they should have been running. Ben Amigoni (AKA Tigger - because he's so bouncy!) and Dave Durden certainly over-cooked the first mile, with Simon Jones and Jon Tudor perhaps also guilty on this front as well. As the runners turned down Cow Hill Fran Amigoni was out front for the DRC woman having moved away from Jadie Cotterell after the first half mile.

The warm up had shown ground conditions were very firm, there was the odd puddle and the notoriously muddy field at the turn on to the River had a bit of moist ground but not much to speak of, at least for the front runners. It may have got a bit churned up as the race went on! It was then onto the Riverbank, Ben Amigoni led DRC on to the section with Simon Jones in close attendance and Dave Durden about 30 meters behind, Jon and Francois Low behind Dave, after he had reeled them in. Fran led Jadie by about 800m.

For "frequent flyers" at the Riverbank, the way the wind blows is all important. So whilst the runners had favourable conditions under foot the Riverbank was hell/purgatory, the South Westerley wind was strong and the athletes needed to work very hard into it. Running with others helped, but then kissing gates broke the groups up so effort had to be made to get back on board the "train" you had caught. Drafting on a bike makes a massive difference a 25% reduction in effort but it is reckoned runners can benefit by 5-10%, and in wind like today's probably at the higher end.

As ever Thornbury provided great marshals many in fancy dress. This encouraged some DRC runners, not that they need much encouragement on this front, to stop for a "selfie" or a "photo opportunity". These events reflect what DRC is all about, an all inclusive club where just making



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Riverbank Rollick Cont...

it around a course and enjoying it is the reason for doing events, with other athletes pushing their envelopes. Once off the bank the runners just had to contend with hills, a small section of stream and an extra 1.3 miles to the new finish! Ben yo-yo-ed in front of Dave. Francois was within tuching distacne of Dave 1t 6 mile sand eventually drew level catching Dave at 8.4 miles. Not realising it was Francois behind Dave kept his competitor at bay by using the narrow path and his sharp elbows!



At least Francois has a bit of a rest before the track opened up and he could crack on after Ben in the closing mile. Fran continued to hold Jadie off, in fact by the time she entered the stream she had extended her lead by a considerable margin. Francois continued to hunt down Ben, Dave forlornly hoping that would both hit the wall and allow him to employ his sprint finish! However it was Francois who got to go full gas finishing just one second behind Ben in a great tussle to be first DRC athlete home! Ben triumphant, in 01:12:41, 22nd overall and 6th the senior male. Dave Durden finished 18 seconds behind, a good result for DRC men placing the 3rd behind Chepstow and Weston AC. Jon Tudor ran a very good race to be fourth home just in front of Simon Jones. "Coach" Kitchen and Andrew Obourne finished in front of. Fran who led the DRC female contingent home and had emptied her tank completely in the process, 92nd overall, 8th F35 in 01:21:33. Jadie claimed second spot (8th SenW) and Immi Testa third for DRC women, Immi just in front of Lise Hindshaw. There were lots of other strong runs under and around ninety minutes, Damian Lai running in with Pete Dunn in eighty-seven minutes & Catherine Faye finishing in 01:33:17





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Riverbank Rollick Cont...

Again, so many who could get a mention, great to see the effort and the smiles! Sara Wilcox, Anya Eames, Cara Zoglowek and Louise Beck were sweeping up for DRC. Louise has not run properly for some months so it was a great achievement to get around in 02:26:05 to claim Dursley's Lanterne Rouge spot. DRC achieved some decent age grading results with 8 top ten finishers and another 10 in the top twenty of their categories. Dave Durden highest placed in the MV50 cat. in 5th, with Ben Amigoni and Francois Lows 6th and 7th Senior males (SenM) respectively. As already mentioned Fran Amigoni was 8th F35-39 and Jadie Cotterell 8th Sen female, Immi Testa 10th F45-49 with Jon Tudor 10th SenM. As ever support along the course from members family and friends was fantastic.

Results: Ben Amigoni, 22nd, 01:12:41, (6th Male Senior); Francios Low, 23rd, 01:12:42, (7th Male Senior); David Durden, 26th, 01:13:00, (5th M50-54); Jonathan Tudor, 37th, 01:14:25, (10th Male Senior); Simon Jones, 41st, 01:14:52, (7th M40-44); Darren Kitchin, 67th, 01:18:25, (12th M50-54); Andrew Osborne, 83rd, 01:20:22, (13th M45-49); Francesca Amigoni, 92nd, 01:21:33, (8th F35-39); Jadie Cotterell, 136th, 01:26:11, (8th Female Senior); Damian Lai, 146th, 01:27:07, (8th M40-44); Pete Dunn, 150th, 01:27:24, (29th M40-44); Imi Testa, 201st, 01:33:14, (10th F45-49); Lise Hindshaw, 202nd, 01:33:16, (11th F45-49); Catherine Pinnock, 203rd, 01:33:17, (15th F35-39); ntony Ball, 226th, 01:35:28, (27th M50-54); Nick Fennell, 241st, 01:37:43, (31st Male Senior); Susan Peachey, 245th, 01:38:14, (15th F45-49); Erica Fuller, 247th, 01:38:24, (13th F50-54); Steve Rugman, 248th, 01:38:28, (17th M55-59); Lisa Young, 255th, 01:39:06, (16th F45-49); Louise Biddell, 256th, 01:39:07, (22nd F35-39); Adam Cook, 266th, 01:40:00, (38th Male Senior); Lyn Murray, 271st, 01:40:26, (16th F50-54); Julie Gowing, 278th, 01:41:12, (25th F35-39); Kris Rymer, 279th, 01:41:13, (38th M40-44); Darren Smith, 299th, 01:44:05, (40th Male Senior); Kathryn White, 307th, 01:44:32, (19th Female Senior); Michelle Ball, 314th, 01:45:26, (26th F40-44); Katrina Fletcher, 319th, 01:45:51, (28th F35-39); Andrew Ferguson, 320th, 01:45:59, (43rd Male Senior); Claire Searle, 322nd, 01:46:20, (20th F50-54); Dave Halford, 351st, 01:48:53, (44th M40-44); Steve Barnes, 379th, 01:53:43, (13th M60-64); Sandra Lewis, 385th, 01:56:10, (28th F50-54); Carly Heath, 412th, 02:02:23, (42nd F35-39); Ben Houghton, 413th, 02:02:29, (49th Male Senior); Nicki Cowle, 414th, 02:02:35, (41st F40-44); Jo Fearn, 415th, 02:02:37, (40th F45-49); Karen Eadon, 418th, 02:04:04, (37th F50-54); Terry Cother, 419th, 02:04:04, (38th M50-54); Sarah Willcox, 433rd, 02:14:56, (45th F45-49); Anya Eames, 434th, 02:14:56, (43rd F40-44); Cara Zoglowek, 440th, 02:25:38, (50th F45-49); Louise Beck, 441st, 02:26:05, (44th F40-44);

DRC-morethana Running club

The first full week of January demonstrated what DRC is all about, open to all as well as encouraging athletes to do their best.



Tuesday saw the beginning of 2019 DRC Walk2Run, with over 40 runners out around Woodfield, starting the 12 week W2R programme and hopefully a life-long journey of healthy activity and running! Friday saw the Glos. AAA Road Race Series Awards held at Gloucester City Council's Civil suite, the mayor presenting the medals with a buffet afterwards. There is no such thing as a free lunch so DRC participants had to work hard over the last twelve months to get their invites. Dave Saunders and Dave Durden picked up silver in the MV65 and MV50 categories with Alice Lewis sadly not able to attend picking up Bronze in the F55



Rogue Runs Night Series



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Paul Gebbet reports "Three Dursley members headed over the Forest of Dean, for the second Rogue Runs night race of the winter from the Cannop Cycle Centre. Yet again, this was a very enjoyable, fun, well organised event, with a challenging off road course, with a good mixture of tracks, mountain bike single track and off path terrain, and an undulating course (for some reason this year the stream crossing was not included, which was a surprise). I was first DRC runner home in 65th in a time of 41:45, despite still struggling with this irritating cough! Next home was Rachel Brown, in 140th (25th Woman and 7th V45+) with a time of 50:44, followed by Kevin Brockway in 203rd (17th V50+) in a time of 55:03. These are fun events, extremely well organised, well marked and definitely recommended (with cake at the end).



The next one takes place on Thursday 7th February at Chepstow Race Course. With the final race, with a less challenging course I believe, so suitable for those who would like to try these but are nervous of running at night, This takes place now at Chepstow Park Woods on Thursday 28th March. Images Courtesy of Tosk Simkin.



Social Events

Next social is 15th of January, we are widening the offer, we have a kitchen and new oven so it's "Bring a Pizza" Night, plus hot beverages will be on offer. Remember money over club bar supports our club facilities that we share with DRFC.

We have a couple of fundraisers for coming up as well In February and March and we have a kit Bonanza planned for the April Social on the 16th including Gloucester Sports and Bosum Buddies along with Club kit. We will organise wish list so GS and BB can bring the kit you want along to avoid disappointment

These events are already in facebook diary and will get into website Google diary ASAP.





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Parkrun



Congratulation to Amanda Hensman who ran her 50th parkrun at Kingway on Saturday, those pesky balloons preventing a personal best. However, husband Richard made up for it with a PB of his own, running 23:32.

Another 28 parkrunners were out on Saturday, including Russell Rolls who showed that he get about a bit running a PB at Thornbury of 23:22.

Best AG grading again went to Neil Parry, 70.26%, who ran his second ever parkrun in Western Springs in Auckland NZ. With Mouse Clutterbuck closer to home debuting at Seven Bridge, not far behind on AG with 69.87%. Fastest DRC parkrunners of the weekend were Jon Tudor 20:45, saving himself for the Rollick? and Shona Darley 24:18 at Kingsway, Shona wsa top of AG for the DRC women at 64.75%. Just getting a head of ourselves Jude Rugman ran her 98th parkrun at Wotton this Saturday, !00 runs heer we come!

It a jolly Holiday with Disney....

James Price completed the "WDW Disney Dopey Challenge", his children taking part in junior race. The events take part at Disney world in Florida. James reports "The Dopey challenge is 4 races on 4 consecutive days a 5k, 10k, Half Marathon and a Marathon. All the events have great entertainment and the option to stop and get photos with different characters as you're racing. As all the races start at 5am and you need to be on the transport buses by 3am sleep deprivation plays a big factor.

5k

Held on the Thursday. There were 11,750 runners James opted to stop for all of the characters and managed to finish in an official time of 21.13, 82nd overall and 18th in category.

10k

James' initial plan had been to take it steady in preparation but ended up running it quicker than planned. He finished in 42.35 coming 88th overall, 21st in category out of 11,940 runners.

Half marathon,

Temperatures were starting to rise, it was 17 degrees at the start with the humidity at 94%. With the temp set to rise quickly James made the decision to push on and finish before the sun came up, finishing in an official time of 1.34.48. There were 18415 runners James was 189th overall and 30th in category out of 18415.

Marathon

James continues "On Marathon morning I was feeling tired and was struggling with my left calf. We had a weather advisory the previous day because of the high heat and humidity. At 5.30 it was 19 degrees and it was set to increase to 26 degrees by 8 with humidity being at 98%. I had made the risky decision of pushing until the sun came up and then just try to hold on. Immediately i knew it was going to be a challenge i was sweating heavily from mile 1 I took on as much fluid as I could. By mile 15 the sun had come up and it was becoming very difficult and it was increasingly harder restarting after stopping for photos was becoming increasingly tough i managed to complete the Marathon in an official time of 3.26.11". An awesome effort from James there!



James Children Naomi and Sadie both competed in the Mickey 1 Mile Kids run, held on the Saturday in the middle of the day with the temp at 28 degrees! Both went out well and held themselves back and saved some for a fast sprint finish.



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DRC Tri News

Thinking about dipping your toe in to Triathlon or Duathlon? Then DRC Tri-teams event **Plan your 2019 Tri Season** is for you:

14th of January

7:15 to 9:30

@ The Peak Academy (Drake Lane Dursley)

And don't forget..... <http://drctri.co.uk/swim-technique-of-the-week/> not sure if the activity below was this week's "technical focus"?

The tri-team facebook feed suggested most were agreed that the four swimmers pictured were "nutters".

Proper PPE is required for such activities and it should be noted pool sessions are available

Apparently, it will be repeated in February!



Grand Prix Series 2019 Announced

Go to web site link to see GP details and enter

<http://www.dursleyrunningclub.org.uk/club-grand-prix/>

New for 2019: All runners who fulfil all the criteria for qualifying, regardless of total score will be entered into a prize draw for a special prize

Glos AAA Road Series 2019

You too could be representing DRC at the Glos AAA Road Series Awards in 2019!

Sign up for the Road Race series and wear your DRC vest with pride. You can even accrue points for the clubs Grandprix Series at the same time!

<https://www.athletics4u.co.uk/road-running/>



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DRC Junior session started the year with great success. Wednesday saw a good group of Year 7Plus athletes completing 10 x 100 hill reps, it may sound terrible, but suits all abilities as a lesson in pace management as well as running uphill. This also promotes good running form and assists in the development of jumpers as well. Wednesday Sessions start at 6:15.



14 to 21

These Sessions continue on a Thursday at 6:30 and two distinct groups, a beginners group and experienced runners group. If you have a teenager/young adult who would like to give these a go speak to Caroline Jones or Dave Durden. Parents welcome to run with groups

Indoor Athletics

Our New Year indoor sessions began at Rednock on Friday at 5pm. Preparing DRC Juniors for the summer athletics sessions and season, with a focus on run jump throw, the session started with the ever popular (well mostly) bleep test!

Muddy Running (AKA Cross Country)

Saturday mornings at 9:30, this weekend saw a good group of young athletes training at the Club. Session focus on agility balance and coordination with obstacle course and competitive games as part of the session

HAPPY BIRTHDAY DRC

We are celebrating 50 Years of DRC this year we are hoping everyone is excited about this milestone on our club's history.

We are planning the evening already and look forward to it being a chance for older, newer and former members to get together and celebrate.

We have booked a venue and need to start getting idea of numbers. There is a limit of 150 at the venue.

Costs per person will go down the more people who come as the venue cost are fixed

Saturday, November 2, 2019 at 7 PM - 12 AM
Cattle Country
Transport will be arranged



Club Development

Committee have been working over the last 12 months with DRFC on development of facilities. In particular, we have ambitions to develop a 2/4/6 track. On the back of Club Surveys we know a number of members support the idea improved running facilities at the Club. Committee see that this will improve our offer to existing members and allow us to grow the club through our Senior, Tri-team and Junior sections. We have had recent discussion about some very interesting and challenging opportunities with DRFC and have been engaging with Stroud District Council who are also keen to support our ambitions, SO WATCH THIS SPACE. It is likely we may have an open Q&A in the coming weeks to brief members as things are moving on apace.



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January Challenge

Dave Halford has lit the fuse and.....last time I looked 40 athletes had run the one mile segment Dave has created, using gravity to best effect. Mike Crompton heads the list at 5:25, with Steve Watson ahead of James Everett by 2 seconds, I am sure Steve would take that on the 1st of Feb. Catherine Fay leads the women with a 6:37 effort. Louise Biddell getting some speed in for her Marathon in second place at 7:18 and Claire Oxley third at 7:30. Plenty of time for it all to change!

Remember be safe be seen, please be considerate to the community when doing you best down this segment!

Club Runs

Tuesday Night 6:15 for 6:30 exit

Evening my Badger buddies, congratulations to Amanda on her 50th parkrun

Don't forget social after your runs on Tuesday, where we will be selling hot drinks as well as our normal bar selection and please bring a pizza or your tea along and we will happily warm it up for you in our kitchen. Top class showers for Men and Women available (every week)

Tuesday leaders are as follows:

Kangaroos - John Spicer
Greyhounds - Cara Zoglowek
Greyhares - Sarah Willcox
Hares - Julie Jaffa Gowing
Foxes - Steve Rugman
Lions - Tony Waye
Leopards - Richard Hensman
Antelopes - Jon Tudor

"The Need for Speed" Caroline Jones 400m speed session 7pm

Don't forget NO REFLECTIVE HI VIZ NO RUN and head torches are optional but essential, please also be aware of your surroundings and run with care for yourself and others.

Thanks everyone see you at social after your runs

Nicki aka the Badgerer Cowle and Damian Lai

Thursday Night Club Run

Out and Back from Old Spot- All abilities welcome - Leader Kris Rymer

Get there early 7:15 for a 7:30 start

All abilities High viz compulsory Head torch recommended